

Courage and Strength

Courage isn't having the strength to go on. It's going on when you don't have the strength.

First Long Course Meet of the Season

After 2 years of COVID and very few opportunities for most of our swimmers to swim a long course meters (LCM) meet the day finally arrived. We train in a 25-yard pool. LCM meets are 50 meters. For our swimmers who never swam 50 meters before (and that's most of our athletes) it is a new experience. Talk about *courage* and *strength*. Here are some of the comments from our first time 50-meter swimmers as they climbed out after their first event.

- I thought it was never going to end!
- It seemed like I was swimming forever!
- I thought my mom signed me up for the mile, at least it seemed like that!
- I didn't think I'd ever finish the race!
- I'm still alive! I thought I was going to die!

We had 24 swimmers competing in 84 events, achieving:

- 36 new C times;
- 5 new B times;
- 16 new BB times;
- 1 new A time;
- 3 new JAG cuts;
- 1 new Summer JO cut

Rising Stars

Owen Bonadiman, Junior, wowed with 3 **First Time BB times** for his 50 Free, 100 Free, and 50 Breast. All 3 were also new **TEAM RECORDS**. His 50 Breast qualified for **JAG** and **SumJO**. Congratulations!

Natalya Mleziva, Junior, demonstrated a ton of courage and strength, getting a **First Time BB time** for her 200 Free and **New BB times** for her 50 Back and 50 Fly. She dropped a **BEST SINGLE TIME DROP** for that 50 Back, dropping -20.51 and earned a new **TEAM RECORD**. Outstanding!

Ellie Devine, Junior, swam BB times for all her events, earning a **New BB time** for her 50 Fly. All 4 of her events, 50 Free, 100 Free, 200 Free, and 50 Fly were new **TEAM RECORDS**.

Notable Swims

Sophia Santelio, Junior, continues to impress, getting **First Time BB times** for her 100 Back, 50 Breast, 100 Breast, 50 Fly, 50 Free, and 200 IM; and getting a **First Time A Time**, **JAG** Time, and **SumJO** cut for her 100 free. Her 50 Free was also a **NEW JAG**. She dominates the 11-12 girls' with **TEAM RECORDS** in her 100 Breast, 200 IM, 50 Breast, and 50 Free.

True Grit Award

In the meet recaps we highlight and recognize the performances of our athletes who attend practice regularly, commit to swim meets, and work hard. However, there are times when nothing seems to go right, when an athlete fights through injury, or when their best efforts just aren't enough. Every swimmer

athlete, no matter what level, has those days. To just keep going, to not give up, takes an enormous amount of **STRENGTH** and **COURAGE**. It takes a lot of TRUE GRIT!. One of our most promising athletes had one of those meets. To **Jeanae Mustaller** we give the **TRUE GRIT** award. Keep on keeping on **Jeanae**. We got you!

TIME DROPS

If you check Meet Mobile for time drops you probably saw times that made no sense. Unless the entered time is the swimmers personal best for that event, chances are the entry time is a 'converted' time. Usually, if a swimmer never swam that event at that distance the time would show NT. If a short course time is used to qualify a long course event the 'entry time' could be either the short course time or a short course to long course conversion. And Vice Versa. Converted times are usually way off. These entry times are used to seed the event ONLY and time drops or adds may or may not be accurate. Meet Mobile entry times should never be relied on for adds or drops. This meet saw some very strange entry times. Apparently, they took everyone's short course times and converted them to long course times regardless.

BEST TOTAL TIME DROP goes to **Natalya Mleziva** with a total -25.09. She also earned the **BEST SINGLE TIME DROP** (-20.51) for her 50 back.

16 swimmers dropped at total of -77.72. Getting those harder to get time drops are:

Natalya Mleziva - 11-12 50 Back (-20.51); **Zekiah Serrano** - 13 & Over 100 Free (-12.87); **Sophia Santelio** - 7-10 50 Free (-9.04); **David Vasquez** - 13 & Over 100 Breast (-5.71); **Nathan Perry** - 13 & Over 100 Back (-5.09); **Natalya Mleziva** - 11-12 50 Fly (-4.58); **Elizabeth Devine** - 11-12 50 Fly (-3.86); **Elizabeth Devine** - 11-12 200 Free (-3.2); **David Vasquez** - 13 & Over 100 Free (-2.74); **David Vasquez** - 13 & Over 50 Free (-2.68); **Elizabeth Devine** - 11-12 100 Free (-2.14); **Sophie Maust** - 13 & Over 100 Free (-1.31); **Regina Estrada Maravilla** - 11-12 100 Free (-1.29); **Elizabeth Devine** - 11-12 50 Free (-1.21); **Regina Estrada Maravilla** - 11-12 50 Free (-0.98); **Ava Rosin** - 13 & Over 100 Breast (-0.51).

FIRST TIME SWIMS

Our swimmers continue to work hard on technique. Here we acknowledge the swimmers who accepted the challenge of swimming an event for the very first time.

New C Times

- **Dominic Cordero** / Age Group (11-12 100 Free 1:25.20L, 50 Breast 59.00L, 50 Free 39.64L, 200 Free 3:03.19L);
- **Elyse Cordero** / Age Group (13 & Over 100 Back 1:51.53L, 100 Free 1:37.61L, 200 Free 3:28.63L, 50 Free 42.35L);
- **Sid Gauchan** / Age Group (11-12 100 Free 1:28.68L, 50 Back 56.32L, 50 Free 37.83L, 100 Back 2:15.52L);
- **Glenn Morton** / Pre-Junior (13 & Over 100 Back 1:22.97L, 100 Fly 1:28.72L);
- **Ethan Muskett** / Age Group (7-10 50 Free 45.19L);
- **Adelaide Paul** / Age Group (11-12 100 Free 1:25.89L, 200 Free 3:13.91L, 50 Back 48.36L, 50 Breast 51.68L, 50 Fly 41.82L);
- **Nathan Perry** / Pre-Senior (13 & Over 200 Breast 3:12.99L, 200 Free 2:37.37L);
- **Faith Rodriguez** / Age Group (11-12 100 Back 1:43.15L, 100 Fly 1:51.76L, 200 Free 3:14.19L);
- **Liam Santelio** / Age Group (11-12 100 Free 1:34.33L, 50 Breast 1:14.27L, 50 Fly 51.50L, 50 Free 43.08L, 50 Back 53.18L);
- **Michael Stackhouse** / Age Grp Dev (13 & Over 100 Free 1:28.08L, 50 Free 38.50L).

- **Lindsey Whittaker** / Age Group (13 & Over 100 Back 1:48.13L, 100 Breast 1:55.75L, 100 Fly 1:53.89L, 100 Free 1:33.18L, 200 Free 3:20.60L, 200 IM 3:51.21L, 50 Free 40.31L)

First Time B Times

Taking personal excellence to the next level these swimmers reached B times the first time swimming these events.

- **Madison Davis** / Age Group (7-10 50 Back 52.04L);
- **Nathan Davis** / Pre-Senior (13 & Over 100 Breast 1:27.16L);
- **Ethan Muskett** / Age Group (7-10 50 Fly 49.07L);
- **Luke Muskett** / Age Group (8 & Under 50 Free 45.45L);
- **Adelaide Paul** / Age Group (11-12 50 Free 37.70L)

First Time BB Times

Talk about personal excellence! Getting a BB time for a first-time swim. Amazing.

- **Owen Bonadiman** / Junior (11-12 100 Free 1:13.87L, 50 Free 34.17L, 50 Breast 42.72L);
- **Natalya Mleziva** / Junior (11-12 200 Free 2:48.02L);
- **Sophia Santelio** / Junior (7-10 100 Back 1:39.66L, 50 Fly 45.31L, 100 Breast 1:47.35L, 200 IM 3:25.18L, 50 Breast 50.28L).

First Time A Times

Above and beyond amazing! Getting an A time for a first-time swim. Wow!

- **Sophia Santelio** / Junior (7-10 100 Free)

NEW TIMES

More typical are the swimmers exhibiting personal excellence by moving up the time standards from C to B, or to BB, or to A, or to WAG / JO. These swimmers demonstrate their hard work pays off.

New BB Times

- **Natalya Mleziva** / Junior (11-12 50 Fly 36.06L, 50 Back 40.69L);
- **Ava Rosin** / Pre-Senior (13 & Over 100 Breast 1:32.21L);
- **Sophia Santelio** / Junior (7-10 50 Free 36.44L);
- **David Vasquez** / Junior (13 & Over 100 Free 1:09.39L, 50 Free 30.28L);

New AAA Times

- **Zeke Serrano** / Senior (13 & Over 100 Free 56.14L);

CHAMPIONSHIP QUALIFIERS

Personal excellence goals for swimmers are usually to attain those championship qualifying cuts. Congratulations to these swimmers for reaching their goals.

New JAG Qualifiers

- **Sophia Santelio** / Junior (7-10 50 Free 36.44L);

First Time JAG Qualifiers

Getting a JAG cut for a first-time swim blows the mind! Beyond personal excellence!

- **Owen Bonadiman** / Junior (11-12 50 Breast 42.72L);
- **Sophia Santelio** / Junior (7-10 100 Free 1:18.60L)

First Time Spring JO Times

Getting a JO cut for a first-time swim ... insane! Are they related to Superman/Woman!

- **Owen Bonadiman** / Junior (11-12 50 Breast 42.72L);
- **Sophia Santelio** / Junior (7-10 100 Free 1:18.60L).

TEAM RECORDS:

Our swimmers repeatedly demonstrate the highest level of personal performance as team records continue to be broken. The latest records to fall are:

- **Owen Bonadiman** / Junior (11-12 100 Free 1:13.87L, 50 Free 34.17L, 50 Breast 42.72L);
- **Dominic Cordero** / Age Group (11-12 200 Free 3:03.19L);
- **Elizabeth Devine** / Junior (11-12 100 Free 1:13.89L, 200 Free 2:38.76L, 50 Free 33.28L, 50 Fly 35.71L);
- **Sid Gauchan** / Age Group (11-12 100 Back 2:15.52L);
- **Natalya Mleziva** / Junior (11-12 50 Back 40.69L);
- **Ethan Muskett** / Age Group (7-10 50 Fly 49.07L);
- **Luke Muskett** / Age Group (8 & Under 50 Free 45.45L);
- **Ava Rosin** / Pre-Senior (13 & Over 100 Breast 1:32.21L);
- **Liam Santelio** / Age Group (11-12 50 Back 53.18L);
- **Sophia Santelio** / Junior (7-10 100 Breast 1:47.35L, 200 IM 3:25.18L, 50 Breast 50.28L, 50 Free 36.44L);
- **Zekiah Serrano** / Senior (13 & Over 100 Free 56.14L)

AWARDS & POINTS

The 12 and under swimmers were placed according to their age group and time standard. 13-14 Age Group was included with 15 & Overs. They were not placed separately. This is unfortunate because 13-14 don't begin to compete with the 16-18. Because of this the 13-14 swimmers do not have a valid placement or points.

1st place

- **Owen Bonadiman** / Junior (11-12 50 Free);
- **Natalya Mleziva** / Junior (11-12 50 Back);
- **Luke Muskett** / Age Group (8 & Under 50 Free);
- **Sophia Santelio** / Junior (7-10 100 Back, 100 Free, 200 IM, 50 Fly)

2nd place

- **Owen Bonadiman** / Junior (11-12 100 Free);
- **Madison Davis** / Age Group (7-10 50 Back);

- **Elizabeth Devine** / Junior (11-12 50 Fly);
- **Zekiah Serrano** / Senior (13 & Over 100 Free)

3rd Place

- **Owen Bonadiman** / Junior (11-12 50 Breast);
- **Elizabeth Devine** / Junior (11-12 200 Free, 50 Free);
- **Natalya Mleziva** / Junior (11-12 50 Fly);
- **Sophia Santelio** / Junior (7-10 100 Breast, 50 Free)

4th Place

- **Dominic Cordero** / Age Group (11-12 200 Free);
- **Ethan Muskett** / Age Group (7-10 50 Fly);
- **Sophia Santelio** / Junior (7-10 50 Breast);
- **Zekiah Serrano** / Senior (13 & Over 50 Free)

6th Place

- **Adelaide Paul** / Age Group (11-12 50 Breast);

POINTS

These Points only represent the 12 & Under and 15 & Over since the 13-14 age group was not placed by group.

Sophia Santelio (127);
Elizabeth Devine (62);
Owen Bonadiman (54);
Natalya Mleziva (43);
Adelaide Paul (41);
Zekiah Serrano (33);
Ethan Muskett (27);
Dominic Cordero (24);
Faith Rodriguez (21);
Luke Muskett (20);
Madison Davis (18);
Jeanne Mustaller (15);
Regina Estrada Maravilla (14);
Sid Gauchan (14);
Nathan Perry (5);
Liam Santelio (3);

All Time Top 10 Swims

Victory is keeping records of the best top 10 swims. These swimmers have joined the list of the top 10 swims. All Top 10 performance records can be found on our web site under the 'Performance' tab.

Owen Bonadiman (11-12 100 Free, 50 Breast, 50 Free);
Dominic Cordero (11-12 100 Free, 200 Free, 50 Breast, 50 Free);
Elyse Cordero (13 & Over 100 Back, 100 Free, 200 Free, 50 Free);
Madison Davis (7-10 50 Back);

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Nathan Davis (13 & Over 100 Breast);
Elizabeth Devine (11-12 100 Free, 200 Free, 50 Fly, 50 Free);
Regina Estrada Maravilla (11-12 100 Free, 50 Free);
Sid Gauchan (11-12 100 Back, 100 Free, 50 Back, 50 Free);
Sophie Maust (13 & Over 100 Breast, 100 Free);
Natalya Mleziva (11-12 200 Free, 50 Back, 50 Fly);
Glenn Morton (13 & Over 100 Back, 100 Fly);
Ethan Muskett (7-10 50 Fly, 50 Free);
Luke Muskett (8 & Under 50 Free);
Adelaide Paul (11-12 100 Free, 200 Free, 50 Back, 50 Breast, 50 Fly, 50 Free);
Nathan Perry (13 & Over 100 Back, 200 Breast, 200 Free);
Faith Rodriguez (11-12 100 Back, 100 Fly, 200 Free);
Ava Rosin (13 & Over 100 Breast);
Liam Santelio (11-12 100 Free, 50 Back, 50 Breast, 50 Fly, 50 Free);
Sophia Santelio (7-10 100 Back, 100 Breast, 100 Free, 200 IM, 50 Breast, 50 Fly, 50 Free);
Zekiah Serrano (13 & Over 100 Free);
Michael Stackhouse (13 & Over 100 Free, Over 50 Free);
David Vasquez (13 & Over 100 Breast, 100 Free, 50 Free);
Lindsey Whittaker (13 & Over 100 Back, 100 Breast, 100 Fly, 100 Free, 200 Free, 200 IM, 50 Free);

WRAP UP

Believe in yourself and the rest will fall into place. Have faith in you own abilities, work hard, and there is nothing you cannot accomplish. (Brad Henry)

Congratulations to all our athletes who believed in themselves, showed up for the first Long Course meet of the season, and met the challenge. We had a lot of first-time swims. Our athletes showed they have faith in their abilities and hard work. And kudos to the parents who support them. It takes dedication and commitment to get the swimmers to practice every day and to swim meets on the weekends. Parents, we appreciate you.

GO THUNDERBOLTS

GMA Sherry